



**SKATE ONTARIO & SKATE CANADA – CENTRAL ONTARIO**  
**COACH & JUDGE PROGRAM COMPONENTS SEMINAR**

**Friday, July 23<sup>rd</sup>, 2010**

4:00PM	REGISTRATION
4:45PM	WELCOME & INTRODUCTIONS
5:00PM	TRANSITIONS with Ted Barton & Louis Stong
7:00PM	“DINNER”
8:00PM	PERFORMANCE / EXECUTION with Joe Inman, Ted Barton & Louis Stong
10:00PM	GOOD NIGHT

**Saturday, July 24<sup>th</sup>, 2010**

8:00AM	SKATING SKILLS with Ted Barton & Louis Stong
8:30AM	CHOREOGRAPHY with Lori Nichol
10:30AM	“COFFEE BREAK”
11:00AM	STEP SEQUENCES with Lori Nichol
11:45AM	ISU STATE of the UNION - 1 <sup>st</sup> Vice President, David Dore
12:15PM	“LUNCH”
1:00PM	ISU REGULATION CLARIFICATIONS with Louis Stong
1:30PM	INTERPRETATION with Joe Inman, Ted Barton & Louis Stong
3:00PM	“COFFEE BREAK” & Good Bye to Coaches
3:30PM	Judges Pen to Paper with Joe Inman & Reaghan Fawcett
5:00 PM	GOOD BYE